

Madison Grief Support Programs



IN-PERSON PROGRAMS OPEN SUPPORT GROUPS:

Open drop-in support groups offer a dependable, non-judgmental space to connect with others. Regardless of where you are in your process or how long it has been since your loss, you are welcome to join us for community and peer support.

Scan to Register
or Learn More:



GRIEF SUPPORT CIRCLE: OPEN SUPPORT FOR ANY DEATH LOSS

Upcoming dates: Wed. Jan 21, Feb 18 | 4:00-5:30 PM | Cress Madison (East)- 3325 E Washington Ave, Madison, WI 53704

This ongoing support group is open to anyone who has experienced a death, open to all types of losses and timelines. Participants are welcome to bring a photo or special object to share during group. Meets on the third Wednesday monthly.

NEW! LOSS OF A SPOUSE/PARTNER

Upcoming dates: Wed. Jan 28, Feb 25 | 5:00-6:30 PM | Cress Center (Far West)- 6021 University Ave, Madison, WI 53705

An ongoing peer support and educational group for people who have experienced the death of a spouse, partner or significant other. Regardless of how long ago the death occurred, you are welcome to attend. Meets on the fourth Wednesday monthly.

GUIDED SUPPORT GROUP:

Support groups that meet for a set number of sessions, offering a thoughtfully structured experience. Each group follows planned topics and materials to gently guide conversation and build continuity.



FACING THE MOURNING 4-WEEK SUPPORT GROUP

NEW DATES | Tues Jan 6, 13, 20 and 27 | 5:30-7 PM | 3610 Speedway Road, Madison, WI 53705

An interactive 4-session support group designed to help with the grieving process by using visual and thought-provoking tools. Cost: \$65, includes materials.





VIRTUAL PROGRAMS OPEN SUPPORT GROUPS:

Open drop-in support groups offer a dependable, non-judgmental space to connect with others. Regardless of where you are in your process or how long it has been since your loss, you are welcome to join us for community and peer support.

Scan to Register
or Learn More:



OPEN SUPPORT FOR ANY DEATH LOSS:

Grief Support Circle

Meets monthly on the first Wednesday
5pm PT / 6pm MT / 7pm CT / 8pm ET

Grief Support Circle

Meets monthly on the third Tuesday
3pm PT / 4pm MT / 6pm CT / 6pm ET

LOSS OF A SPOUSE OR PARTNER:

Loss of Spouse/Partner

Meets monthly on the second Wednesday
5pm PT / 6pm MT / 7pm CT / 8pm ET

Loss of a Parent(s)

Meets monthly on the fourth Wednesday
5pm PT / 6pm MT / 7pm CT / 8pm ET

LOSS OF A PARENT/CAREGIVER:

Loss of a Parent(s)

Meets monthly on the second Wednesday
5pm PT / 6pm MT / 7pm CT / 8pm ET

Sudden & Traumatic Loss Grief Support

Meets monthly on the second Tuesday
5:30pm PT/ 6:30pm MT/ 7:30pm CT/ 8:30 ET
Meets monthly on the fourth Tuesday
5:30pm PT/ 6:30pm MT/ 7:30pm CT/ 8:30 ET

SUDDEN & TRAUMATIC GRIEF SUPPORT GROUPS:

Suicide Loss Grief Support

Meets monthly on the second Thursday
5pm PT / 6pm MT / 7pm CT / 8pm ET
Meets monthly on the fourth Thursday
3pm PT / 4pm MT / 5pm CT / 6pm ET

Young Adults Grief Support

Meets monthly on the third Monday
5pm PT / 6pm MT / 7pm CT / 8pm ET

Loss of a Sibling

Meets monthly on the third Thursday
3:30pm PT/ 4:30pm MT/ 5:30pm CT/ 6:30pm ET

GRIEF SUPPORT FOR SPECIFIC POPULATIONS:

LGBTQ+ Grief Support

Meets monthly on the second Monday
4pm PT / 5pm MT / 6pm CT / 7pm ET

Loss of a Sibling

Meets monthly on the third Thursday
3:30pm PT/ 4:30pm MT/ 5:30pm CT/ 6:30pm ET

Young Adults Grief Support

Meets monthly on the third Monday
5pm PT / 6pm MT / 7pm CT / 8pm ET

FIRST STEPS

Upcoming Dates: Jan 14, Feb 11 | 5pm PT/ 6pm MT/ 7pm CT/ 8pm ET | On Zoom

Get help handling tasks and finances after a death, understanding what documents you'll need and how to get them, closing accounts and filing claims.



HeartLight



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www.heartlightcenter.org

Website

HeartLight
Center



GUIDED SUPPORT GROUPS:

Support groups that meet for a set number of sessions, offering a thoughtfully structured experience. Each group follows planned topics and materials to gently guide conversation and build continuity.



VIRTUAL: LEGACIES OF LOSS 6-WEEK GROUP

Tues. Jan 6, 13, 20, 27, Feb 3 & 10 | 9-10:30am PT/ 10-11:30am MT/ 11-12:30pm CT/ 12-1:30pm ET

For individuals who are at least 1+ years out from the death of a significant person. Come get support and learn useful tools when you're feeling "stuck" in your grief. Cost \$60, includes materials.



VIRTUAL: THE GRIEVING BRAIN 5-WEEK SUPPORT GROUP AND BOOK CLUB

Thurs. Jan 15, 29, Feb 12, 26 & Mar 12 | 4:30pm PT/5:30pm MT/6:30pm CT/7:30pm ET

A unique combination of peer support and education in this closed, curriculum-based support group. We will navigate the complexities of grief while reading and discussing "The Grieving Brain" by Mary-Frances O'Connor. Cost: \$65 (book not included). If group is full, request to be added to the waitlist.



VIRTUAL: FACING THE MOURNING 4-WEEK SUPPORT GROUP

Thurs. Feb 5, 12, 19 & 26 | 10-11:30am PT/ 11-12:30pm MT/ 12-1:30pm CT/ 1-2:30pm ET

An interactive 4-session support group designed to help with the grieving process by using visual and thought-provoking tools. Cost: \$65, includes materials.



WORKSHOPS:

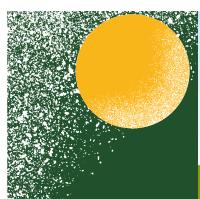
One-time or short-series workshops designed to explore grief-related topics and coping tools through reflective or creative activities. Workshops offer a hands-on way to share grief, learn new perspectives, and engage in gentle processing.



WRITING THROUGH GRIEF

Sat. Jan 17 | 9-11:00am PT/ 10-12:00pm MT/ 11-1:00pm CT/ 12-2pm ET | On Zoom

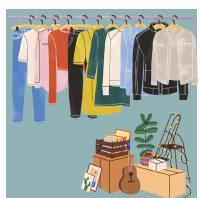
Explore grief through the written word in poetry, prose, and reflective writing – how we choose to tell our grief story, in various written forms, can help us create a sense of meaning, remembrance and create legacy through use of the written word. Cost: \$20



GRIEF AFTER THE HOLIDAYS

Sat. Jan 31 | 8:30am PT/9:30am MT/10:30am CT/11:30am ET | On Zoom

A follow-up from the "Grief and the Holidays" workshops, and for anyone who has attended a Facing the Mourning group and experienced the "Goal Setting with Milestones" section of that group, this virtual workshop is a way to get some support and helpful tips when transitioning to the new year.



TOOLS FOR HANDLING PERSONAL BELONGINGS

Sat. Feb 21 | 9am-11am PT/10am-12pm MT/11am-1pm CT/12pm-2pm ET | On Zoom

What do we do with the "stuff"? Join us for discussions about handling belongings after a loss, as well as some ideas for useful tools to help with sorting through the belongings, determining what to keep and what to donate, and what it is to part with certain pieces of our person's physical life. Cost: \$20.





TRAINING AND EDUCATION

UPCOMING EDUCATIONAL SIGNATURE SERIES:

HeartLight hosts renowned experts to share the latest research and insights on grief and loss. Presentations are open to everyone - grievers, caregivers, and professionals.

UNDERSTANDING GUILT WITH SUICIDE LOSS - PRESENTED BY REBECCA SANFORD, PHD, RCSW, RCC



Program for Professionals:

Guilt and Suicide Grief: Support Clients

Tues, February 24, 2026 | 8-10am PT/ 9-11am MT/ 10-12pm CT/ 11-1pm ET | On Zoom



Program for Anyone Who is Grieving or Supporting a Griever:

Exploring Guilt in Suicide Bereavement

Tues. February 24, 2026 | 4-5:30pm PT/ 5-6:30pm MT/ 6-7:30pm CT/ 7-8:30pm ET | On Zoom

FACING THE MOURNING FACILITATOR TRAINING:

Learn to facilitate our signature 4-session interactive support group open to all types of losses to bring to your community or organization. (For Professionals).



FACING THE MOURNING FACILITATOR TRAINING

Upcoming Dates: Fri. Jan 23

Start Time: 10am PT/ 11am MT/ 12pm CT/ 1pm ET | On Zoom

Cost: \$90



GRIEF SUPPORT RESOURCES:

Access support anytime through our online library that includes educational handouts, curated book and media lists, Heart-to-Heart Letters, our signature HeartLight Highlights, and more.

Recommended Grief Media:

- Book List
- Podcasts
- Websites
- Videos

Topic Specific Grief Brochures & Handouts:

- Helping Someone Who is Grieving
- Helpful Information About Grief
- Why Are The Holidays So Hard?
- What Can I Do About My Grief?
- Supporting Grieving Kids
- Individual vs. Group Support
- Loss in the Work Place



Y O U D O N ' T H A V E T O G R I E V E A L O N E .

HeartLight Center is a non-profit that companions and educates people through their grief to find hope. HeartLight offers support groups, workshops, seminars and resources for individuals who are grieving a death loss of any kind.



MY PROGRAM CALENDAR:

Please use this space to mark down any events that interest you. Feel free to contact us with any questions.

We look forward to seeing you soon.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
Jan						
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
Feb						
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	